

# *Imperium Sensus*

*Sensory Control Training Manual*

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## Foreword

Imperium Sensus meaning “control senses” which will be referred to as “Impersen” for short for the rest of the manual. This is a scientific look at what would otherwise be something covered by several esoteric belief systems. Whether it be chi, some form of energy work or in some cases tulpas or thought forms. These belief systems rarely understood by the rational, skeptical thinker. The matter of modernizing it isn’t hard really, it’s just that no one has had the will to do it without some sort of belief system. Let’s just take a calm and rational approach from here on in. These are manipulations of your senses and will be treated as such.

This short training manual is meant to help my fellow psychonauts in their exploration of the human mind. With my blessings come a warning though, this book is not for the faint of heart or easily frightened. There are things in this book that when overused can lead to temporary (perhaps even permanent) damage to your senses. My hard earned knowledge of these things has cost me. You have been warned, weigh your options with as much long term thinking as you can.

# Preparation

## Switches

Switches help us separate normal function from what we're doing. They can take the form of a certain posture or even a thought. This signals to the less conscious part of our mind that we are entering an altered state of function or we wish to turn it off. It is best to have a clear and separate on and off switch with distinct features.

As an example I will use the on switch of standing with my feet far apart and arms stretched out and the off switch a thumbs up with the left hand. It is best to make the on switch something you do not normally do and the off switch something easy to do. Make sure you practice the switches before moving on to the exercises so you know what they are and what they are supposed to do.

## Meditation

It can be good to practice some meditation before you begin the exercises to get more in tune with your body. It may also help to be able to control your thoughts. Some simple zen meditation is enough as it focuses mostly on your body.

What you want to do is pay attention your body and let your thoughts come naturally. You can learn a great deal about yourself simply by doing this. It may be important to note that these thoughts you do not try to come think are the surface level of your subconscious mind. If you find your thoughts are disturbing in some way perhaps you shouldn't do the advanced exercises as those can bring out the strangest parts of your mind.

## Bravery

Fear is your worst enemy, especially in the advanced exercises. A large part of fear is the negative belief that something bad will happen, when you play with your senses this is the last thing you want to do. You don't need the stress anyway, it will do you no good.

# **Basic Exercises**

## **Touch**

We'll start with touch, which are the easiest to control. The key to learning how to manipulate them is to "feel within space". Getting yourself to feel certain parts of the body is the first step.

### **Touch One : Mindful Meditation :**

This is just an introduction for people who have no experience with just sitting there and feeling their body. This is exactly the kind of awareness you need to manipulate your sense of touch. Start by getting into a comfortable position and just focusing on parts of your body. wiggle your foot and pay attention to the movement of each individual muscle. You should start to realize your awareness of your body is usually superficial at best, it takes focus to be aware of all the little nuances. Practice this for as long as you feel you need to before you move on.

### **Touch Two : Happy Feeling :**

The next step is to feel your feelings fully. Imagine something that makes you happy, focus on that feeling of joy. What you want to do is hold on to it, try to keep that feeling within your body. Practice this for some time until you are able to keep some of the "happy energy" within your body.

The next step to this process is to increase that energy. Think of something that makes you happy, hold it and increase it at the same time. It may help to extend your arms comfortably, sort of like that pose of welcoming someone into your waiting arms. Your ability to do this will improve with practice, keep trying.

### **Touch Three : Changing Feeling :**

Once you have mastered exercise two we can begin to do something more like controlling your feelings. Do exercise two but this time change the "happy energy" into something else. You can change it to another emotion or perhaps a tingling feeling. What you can do with this is up to you and your imagination. When the limits are your imagination anything can happen, do be careful.

Once you can change that feeling you will start to see the use of Impersen. You can have the feeling of happiness whenever you want. It would be tempting to be happy all the time but I would warn against too much of good thing. Use in moderation.

### **Touch Four : Dulling Pain :**

Once you have mastered exercise three you've come far enough to use it to dull pain. This is a tricky one to practice for most but will be helpful should you find yourself in pain.

What you need to do is focus on the part of your body that feels the pain. Once you are clearly focused on it you need to change the feeling to nothing or next to nothing. This is extremely hard to do you may notice, the easier way to do it is cover up the pain with another feeling. Perhaps a numbing feeling would be best, remember it's only limited by your imagination!

Touch Five : Projection :

This exercise is important for controlling other senses.

Adopt a very open posture. Keep your legs spread a little, hold out your arms a little. What you want to do is think of something you love. You can also do this with other feelings. Think of that strong feeling and try to reach out in your mind to the world around you. Focus on a particular space on a tree or rock you can see and try to project something within you at it. If you're having trouble imagine as if you are shining light, shining brighter than any light source. The light is your emotion or feeling and the object is just simply that, an object. Reflect your inner light off of it. This seemed to have a strange effect on animals when I did it. Find out if this is true for you as I cannot be certain there wasn't some other reason.

## Important Break - Notes

Let's take a breather before we move on. It will be hard to wrap your head around things you've experienced at this point. It's possible you have had some bad experiences, if so slow down. Making it this far means you can do the rest of the exercises without problem. If you skipped ahead please go back and do the exercises, they are an important foundation for the other exercises.

Taste isn't much different from touch except you have to eat a food and record it's exact flavor and recall it to feel it on your tongue. Really taste is just an extension of our ability to feel except it's a more sensitive form of feeling.

Let's move on to sight, the next easiest to control.

## Sight

Sight One : Colors :

Find a white object as this is the easiest to layer another color over. Black of course being the hardest color to layer another color over in your mind. Use that focus from Touch Five, focus on a particular spot on the object. The easiest color to change it to is yellow as the white is not far off. First you must imagine the color in your mind, a light yellow in this case. It may help to believe such a thing can be done as belief has



a profound effect on the mind and may limit what you can change. Right, back to the color. Now what you want to do I imagine the color being projected onto the object from your mind. This is why the earlier lesson is important. It may take hours of practice to accomplish this.

#### Sight Two : Images :

Anything you can imagine can be projected into your vision, quite literally. Picture your desired image while closing your eyes. It helps if the image is white because you need to project it onto your eyelids at first as this is easiest. It helps if you have a good ability to picture images as well. Now focus on a larger area this time and try to project the image there. You won't be able to do this right away but with practice you can close your eyes and see whatever you want.

Similar steps are taken when you want to project an image onto something with your eyes open. This does however take a great deal of focus.

### Note

Sight is sort of limited in what exercises you can do at the basic level. Hearing is an even more limited sense in that once you understand how to create a sound you're pretty much a master of it. Whether it be music or a voice the principle of how it's created is the same. Hearing is the hardest sense to control, it takes intense focus.

### Hearing

#### Hearing One :

Now let's use our focus again. Focus on an object in front of you. This time instead of projecting a feeling or a color use your mind to project a sound. This is the hardest basic exercise and may take weeks to master. It may help to mentally picture the sound as a wave and project it, imagining its bouncing off the object you're focusing on. I would not recommend overusing this exercise in particular it can cause a ringing sound to be heard temporarily.

## Important Break - Warnings And Concepts

This is the part where things get really crazy, almost literally. Most of the advanced exercises include letting your subconscious take control. Do not use these unless you want to risk temporary or perhaps permanent hallucinations. Most people should really stop here and go no further.

Here we come to a new concept (or perhaps a very old one) belief. Belief gives you some control of the subconscious mind. You can create character simply by believing you will perceive one in your mind. Belief can have an effect on your physical health as is scientifically proven. There may even be a reverse placebo effect that can cause illness. Belief is a part of the advanced exercises and our greatest tool for sensory control.

It is important to note that most temporary hallucinations will go away if you believe they will long enough. Do not go beyond this page if you are afraid as this will increase the chances of getting them and make it harder to get rid of them.

## Advanced Exercises

### *Advanced Touch*

Advanced Touch One :

This exercise requires you to be feeling some pain (time to start stubbing your toes on purpose). This requires that you've mastered the dulling pain exercise in the basic section as you will need your mind to be able to do it. Once you've mastered the technique it's a matter of getting your mind to numb the pain for you. This requires some strange thinking but it's well worth it. What you need to do is believe some sort of force is blocking your ability to feel pain. This can be a god or simply a force that exists in the universe (may the force be with you). Your subconscious mind will latch on to that idea and produce the effect. Believe your pain will go away for some reason, even if it's just because you believe it will. Imagine your pain becoming less until it disappears. It may help to listen to a clock of the older variety, with each tick the pain becomes lessened. In some ways this is simpler than the basic exercise but requires the ability to manipulate the pain consciously.



### Advanced Touch Two : Standing Hair :

With a lot of practice you should be able to make your hair stand on end. This is a hard technique to master it may even take a year or so to be able to do it. Unlike the other exercises this produces a real world effect. You start this by producing a tingling feeling on one of your arms. If you can, wait for the opportunity and memorize what it feels like when your hair stands on end. Mimicking this feeling is not needed but it will help you do it. Trying to make yourself feel cold will also accomplish this.

### Advanced Touch Final : Sexual Feelings :

I've had a great deal of fun and issues with this one. You can make your private parts feel extremely good. Anyone who has mastered the basic exercises has likely tried this (just human nature).

What you really need to know before you attempt this particular exercise is : it's hard to stop. With that out of the way we can move on. How far this goes depends on you. You can go full imaginary lover or just produce the feeling of having your private parts massaged. I saved this for the advanced section because this has caused more issues of temporary uncontrolled hallucination than any other thing I've ever done. Your subconscious desires sex as much as you do and will waste no time in creating the feeling once you've used it.

Simply good feelings are child's play to you at this point if you've practiced. I don't need to tell you how to create feelings if you've made it this far. Good luck.

Now with an imaginary lover you have to create a character. Decide who they are wisely as good personality traits may become annoying after a time. Keep it simple and don't be afraid of the character. One thing that may help is focusing on an area and think as if you're creating something. In other belief systems this is a tulpa, thought form or elemental, it may help to read up on them. You don't have to believe this imaginary person will come to visit you or stay in your presence but it does make them more permanent. I'll cover how to create other aspects of a character in a later exercises.

## *Advanced Sight*

### Advanced Sight Final :

The only I can really teach you about sight at this point is how to make persistent characters or images. The way to do this is to create a character as in the previous exercise. Now add an image to that character (you likely already have in imagining them). Now focus on as big an area as you need to get started. Like in the previous sight exercises imagine the image and project it into the space desired. This may be

hard to do but with persistence you can do it. Be careful not to make something too big or you may obscure your vision entirely and it may be hard to rid yourself of it. Good luck, I hope you don't hurt yourself.

### *Advanced Hearing*

Advanced Hearing Final :

There's not much left I can teach you for this either. I'm sure you've guessed what I'm going to tell you at this point. Using the ultimate mental tool of belief you can give your character a voice to speak to you. I wouldn't recommend doing this but it's up to you. Focus on the character if you've already added an image and feeling. Now focus very hard on making the character speak, know it's exact tone of voice. I wouldn't recommend actually being able to hear the character physically as this can create complications. Try to differentiate between your character and reality as much as possible.

### Final Word

There are some things I have not tested that theoretically could be done with the information from this manual. One could lighten their vision to see better in the dark for example. I have no personal experience with this as I have never done it. There is also the possibility that one could withdraw into a fantasy world. I have been tempted to do so personally but I always stop myself before taking regrettable action. These exercises are meant to help and not harm but knowing these things is a dark gift (not like vampirism) at the best of times. I hope it's a great help to you without the hindrances I've experienced. Thank you for your support.